



# 2019

Sunday 15th Sept

## Brownsea Island Swim

### Swimmers Briefing Pack



**Brownsea Castle**  
*John Lewis Partnership*

 **THE NATIONAL TRUST**  
**BROWNSEA ISLAND**

Many Thanks to The National Trust - Brownsea Island, the Brownsea Castle - John Lewis Partnership and the Brownsea Island Ferries Ltd for their continued assistance and valuable support in allowing us to continue with this annual event

**RLSS Poole Lifeguard**

**Saving Lives Since 1975**

Registered Charity No. 1073840

[brownseaswim2018@rlss-poole.org.uk](mailto:brownseaswim2018@rlss-poole.org.uk)

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**2019 v1.2**

# RLSS Poole Lifeguard

## Brownsea Island Swim 2019

### SWIMMERS BRIEFING DOCUMENT

Date: - Sunday 15<sup>th</sup> Sept 2019  
Start: - Approx 09:45hrs  
From: - Brownsea Castle Beach



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## TERMS AND CONDITIONS

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By completing the registration process on the morning of the swim you declare yourself, both healthy enough and physically able, to complete the category that you have entered: without presenting undue risk to either yourself, your fellow swimmers, and any members of the event marshals / safety cover. You also accept responsibility for any personal belonging you may take to the Island. As an entrant, you are also reminded that, you have a choice on the day of the swim, as to whether you enter the water or not, and that you do so at your own risk. RLSS Poole Lifeguard undertakes to provide safety cover for the event and will do so in an organised and controlled manner.

## SWIM REGISTRATION

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Will be open between 06:45 hours and 08:15 hours in the main car park at Sandbanks. You will need to give plenty of time to complete registration and catch your ferry. So, don't leave it too late to register. Note approximately a 20 minutes' walk to the ferry. ADDRESS - Sandbanks Beach, Banks Road, Poole. BH13 7QQ

If you are camping or staying on the island overnight on Saturday 14<sup>th</sup> September then I do need to know so I can arrange for your swim registration to take place on the Island rather than at Sandbanks.

## CAR PARKING CHARGES

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The Borough of Poole have now imposed new car parking charges at all main beach car parks and all on road car parking. This means to park your car you will need some serious cash with you. I would recommend car sharing where possible to split the charges.

Parking Tariff for Sandbanks Peninsula	1st March to 31st October 8am-6pm
Panorama Road	Up to 1 hr £1.50
Grasmere Road	Up to 2 hrs £3.00
Brownsea Road	Up to 3hrs £4.50
Salters Road	Up to 4 hrs £6.00
Seacombe Road	All day £10.00
	(between 6pm and 8am) Free

- You will be able to pay the £10 for the whole day before 8am. i.e. when you turn up at 6am ☺

Beach Car Parks and On Street Parking	Monday to Sunday (8am to 10pm)
Banks Road (on-street)	Up to 6 hours £12
Sandbanks Road (on-street)	Up to 14 hours £15
Sandbanks car park (off-street)	Monday to Sunday (10pm to 8am)
Shore Road (off-street)	Overnight parking £2

- You will have to add the £2 overnight charge onto the daytime tariff if you park in these areas

### Payment

- All machines in Car Parks accept card payments.
- Phone & pay service **01202 057207**
- Using location codes 3220,3221,3222,3223,3224
- <https://www.justpark.com/>

# RLSS Poole Lifeguard

## Brownsea Island Swim 2019

### SWIMMERS BRIEFING DOCUMENT

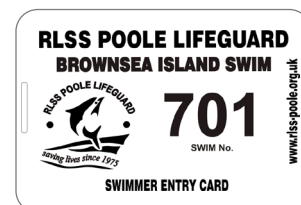
Date: - Sunday 15<sup>th</sup> Sept 2019  
Start: - Approx 09:45hrs  
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## WHAT YOU NEED TO TAKE WITH YOU TO THE ISLAND

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You **MUST** take with you, the contents of your registration pack which will include the following items: 'Swimmer Entry Card', 'Wrist Band', 'Swim Hat and 'Start Card'. Please take your own swim bag to put all your personal kit in, before you start your swim, as well as instructions on what to do, contained within your registration pack. Your 'Swimmer Entry Card' is your passport to the event, as will be come clear as you read on, we recommend that you make use of the lanyard supplied & wear it around your neck.



## PERSONAL BELONGINGS

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You will need to take your clothes and bags over to the Island and change in the designated area, however, please keep your belongings to a minimum as we have 350 bags to look after. We do not advise that you take valuables across to the island; if you do, it is at your own risk!

## THE FERRY TRIP

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Ensure that you are at the Chain Ferry in plenty of time to catch a Ferry to the Island. It is a 20-minute walk from Sandbank car park where the registration takes place. It is your responsibility to ensure that you get to the Ferry on time and in a safe manner.

There will be three Ferry crossings, the 1st Ferry is at 08:00hours, the 2nd Ferry is approx. 08:20hours and the 3<sup>rd</sup> Ferry is at approx. 08:40hours. You will need to show your 'Swimmer Entry Card' to our Marshals on the jetty to enable you to board the ferry. No card - No Ferry crossing.

Swimmers will board the ferry on 1st come 1st serve. We need to fill the 1st ferry so please aim to get on that one otherwise we might not get you all, across. Please also take care on the walk to the ferry and be mindful of the one-way road traffic system. It is a residential area, so we do urge you to have some respect for the residents and keep the general verbal noise quiet and minimal. This also applies to the return journey. **Note: If you miss the ferry, we cannot get you across to the Island.**

## A SAFETY BRIEFING

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A Swimmers Safety Brief will take place via the PA system onboard each Ferry. Even if you don't think it is important and don't want to listen to it, somebody close by, or sat next to you might want to listen to it for their own safety – so out of respect for your fellow swimmers – please be quiet during the briefing!

## ENTRY TO CASTLE GROUNDS

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You will gain access to the Race Beach via a Clock Tower Gate on the Castle Grounds. You will need to show your 'Swimmer Entry Card' to the Marshal on this gate to enable you to proceed through to the Changing Area and Swim Beach, failure to show your 'Swimmer Entry Card' will prevent you from being able to enter Castle Grounds and thus access to the Beach, preventing you from starting the swim.

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## Brownsea Island Swim 2019

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## CHANGING AREA

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The area to change into your swim attire will be on the lower terrace (grassed area) in front of the castle. There will be paying guests staying in the hotel so please respect this and do not wonder off to any other part of the castle grounds.

## WELCOME BRIEFING:

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A Welcome Briefing will take place between 09:10 hours and 09:40 hours on the lower terrace (changing area) to remind you how the safety cover will work and to inform you if there are any necessary deviations from the above. Please ensure that you are present and once again out of respect to your fellow swimmers – please be quiet during the briefing.

## CHANGES IN CATEGORIES

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Following your previous opportunities to change category, and that you have subsequently confirmed your swim category you will not now be able to change categories prior to the swim.

## BAGS AND LABELS

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You need to take your own swim bag to the island with you. You will need to place all your belongings in it prior to the start of the race.

Note: All belongings must fit inside one bag. Once all belongings are inside, tie your “Swimmer Entry Card” to the top using the lanyard supplied. This is so that it can be identified later and hand into the Bag Marshals in the Marquee on your way to the swim beach.

Half distance swimmers will need to follow the above, you will also need to bring a second, small bag with you. This extra bag will need to be taken with you, as well as the, “Half Swim Start Card” on the boat to the half swim start line. So, keep the extra bag with the half swim start card and swim stuff that you want to take with you to the half swim start line, separate from your main gear. The half swim start is approx 1 hour after the full distance start.

You will not as in previous years be provided with a plastic bin liner to place your belongings in.

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#### SAFETY COVER -

YOU NEED TO BE FULLY CONVERSANT WITH THE FOLLOWING SAFETY INFORMATION.

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You MUST ensure that you wear the provided numbered swim hat and wrist band, at all times

##### How it works.

- The Safety Cover is essentially made up of three rings of cover.
- The inner ring will be a fleet of paddle craft,
- The middle ring will be on the outside of the paddle craft and will consist of safety boats / ribs.
- The outer ring will be large cruiser / yachts which will be used as base boats.

##### What to do if you get into trouble.

If you get into difficulty, need assistance, or require a drink of water, then do the following:

- Stand up if you can, or make your way towards shallow water, to allow you to stand.
- If you cannot stand then roll onto your back, lie flat with legs on the surface, relax and allow the natural buoyancy from the saltwater to keep you afloat. If you are wearing a wetsuit even better as you will have added buoyancy. The key here is to Relax and not to Panic, safety cover is always close to you.
- Attract the attention of the nearest paddle craft, either verbally, or by raising one arm in the air vertically.
- The Safety Cover will then come to your assistance and will initiate the Emergency Action Plan via the rescue boats and base boats as necessary.
- If you require assistance keep your swim hat on as this prevents heat loss from your head.

#### PRIOR TO START

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Approx 20 minutes prior to the start, ensuring that you have your Swim Hat, your Wrist Band, your 'Start Card', and Goggles as well as making sure that your swim bag/holdall is securely tied and identified with your 'Swimmer Entry Card', proceed along the walled path (adjacent to the Marquees) to the beach access point, handing your swim bag over the wall to a Marshal as you go past.

#### ENTRY TO THE SWIM BEACH

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To gain access to the beach and the start line you need to hand your 'Start Card' to the Marshal at the access point. Again, please ensure that you have your 'Swim Hat' (correctly labelled), Wrist Band and goggles before going onto the beach.  
No Start Card - NO ENTRY to the swim beach. We will be strict on this, as this is the final physical check point for identifying who and how many swimmers enter the water.

Start Card  
**Swimmer  
No. 101**  
Orange Cap

NOTE: half distance swimmers MUST NOT ENTER the Swim Beach... see Swim Start for more details.

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## THE SWIM COURSE

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**THE FULL SWIM COURSE** is from the Castle Beach, circumnavigating the island and finishing back at the Castle Beach. From the start line (Castle Beach) the swimmers will proceed NNE past the Castle Jetty and the National Trust Jetty and swim in an anticlockwise direction around the island

**THE HALF SWIM COURSE** is from Maryland Beach on the north side of Pottery Pier and will finish at the Castle Beach. From the start line (Maryland Beach) the swimmers will proceed West then past Pottery Pier and will swim in an anticlockwise direction following the full distance swimmers

It is your responsibility to navigate your own route around the Island; paddle craft are there as part of the safety cover although they will be close at hand to offer encouragement and assistance if required. There will be a large cylindrical buoy just off Pottery Pier to mark the halfway point. There will be similar buoys at the full finish line to mark the entrance to the finish funnel.

## SWIM START

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### FULL SWIM START:

The start will be in the water, west (right; if looking out from the start beach) of an imaginary line between two points: (see map of the race beach). Paddle craft will endeavour to keep all swimmers in a localised area to the West of the start line. The tide will be flowing quite fast so don't get taken with the tide, as we will have to call you back and delay the start. There will be a five-minute warning to the start of the race. On the START SIGNAL you will proceed anti-clockwise around the Island.

### HALF SWIM START:

Half Distance Swimmers **MUST** not enter the swim beach with the full distance swimmers, instead stay on the lower terrace where you got changed. Once the FULL distance swimmers have started and cleared the Castle Jetty, you will be invited to walk onto the Castle Jetty to await your boat which will ferry you to Maryland Beach. You will need your Start Card to give to the person seeing you onto the boats.

At a pre-arranged time: (approximately 60 minutes) after the FULL Swim Start you will be asked to enter the water in readiness for your start. On the start signal you will join the flow of the other swimmers and swim towards Pottery Pier and onwards to finish at the Castle Beach. Ensure that your second bag has your belongings in it and your 'Half Swim Start' card secured to it to identify it. These will be transported back to the Bag Marquee and will be with your other belongings.

## FINISH LINE

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During your swim your bag with your belongings in will have been identified and laid out in numerical order in the marquees. These will be ready for you to collect from the marquees once you have completed your swim.

The Swim Finish Funnel: will be clearly marked by flags and a marker buoys at the Castle beach. You must swim through the neck of the funnel to record a time.

**NOTE: Overtaking is not permitted once you have past the neck of the finish funnel and are therefore in the narrow part of the funnel.**

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## RECORDING OF SWIM TIMES

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Your time will be recorded as you swim through the neck of the finish funnel. You will then need to swim out of the back of the funnel collecting a place/position card as you do so. For this reason, there is to be no overtaking once you are in the funnel. It is your responsibility to ensure that you hand in your place/position card to the recorder on the beach and to ensure that they write down your swim number correctly. This allows you time to gather yourself before exiting the water. Anyone who starts their swim and does not complete it, i.e. stops anywhere around the island, will be marked down as DNF (did not finish).



## REFRESHMENTS

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There will be a can of drink and a hot cup of soup for all swimmers at the finish line on the Castle Beach. Please note that the legendary cup of soup is kindly made and donated by the John Lewis Partnership Brownsea Castle's very own Kitchens. During the swim the safety boats will have bottles of water in them for you to drink if you so wish. You will need to attract the attention of the nearest paddle craft to you, so that they can request the water from the safety boats.

## PRESENTATIONS / RESULTS

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The presentations will take place on Brownsea Island, in the Villano Café garden. Plaques will be awarded to the 1st three places in each category and a returnable Trophy is also presented to the winner of each of the full swim categories. A Full set of results will be available for all to download from the club website after the event.

## DEREGISTRATION / CHALLENGE T-SHIRT

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Once you are changed and are ready to leave the race beach you will need to deregister. Simply swap your 'Swimmer Entry Card' for your Challenge T-shirt at the Deregistration table on the way out of the Castle Grounds. This way we know you have left the beach and are out of the water and accounted for.

**Please do not disappear onto any boats from the Castle Beach without deregistering as described above – We really do not want to spend the afternoon looking for you along with HM COASTGUARD, RNLI LIFEBOATS and DORSET POLICE because you could not be bothered to follow a simple requested procedure to deregister!**

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## NATIONAL TRUST - INVITE YOU TO EXPLORE BROWNSEA ISLAND!

Once you have deregistered and collected your "Challenge T-shirt" you are free to leave the Island, though you are invited to participate in refreshments or have a picnic on the island in the Church Field area where the presentations are taking place. You may also like to explore the Island with your family or friends and enjoy the delights of this wonderful Island.

## SPECTATORS

Please note that spectators are not allowed into the Brownsea Castle Grounds and as such they will not be able to see you finish your swim. The Castle and its grounds are Private Property and are owned and run by the John Lewis Partnership as a hotel with paying guests; we are privileged and honoured to be allowed the use of their beach for the swim.

Please ask all spectators to respect this request so that we do not lose the use of these wonderful facilities. If Spectators ignore this request, then they stand to jeopardise the future of the swim for everyone.

The Presentations will take place in the Villano Café garden where refreshments will also be available.

Note: There is no advance booking of tickets, they will only be available on the morning of the swim on a 1st come 1st serve basis at the yellow ticket office adjacent to the Chain Ferry.

Spectator Tickets will be in two parts as follows:

### a) Ferry Tickets:

The only way to purchase your ferry ticket is to buy them from the yellow ticket office, alongside the Chain Ferry. This Ticket Office will be open from 08:30 hours on the morning of the swim.

**They will only take cash.**

09:20hrs	1st Ferry (approx!)	£7.00	Adults (return trip) (cash only):
		£0.00	Children (under 16)

### b) Island Entrance Tickets:

These need to be purchased from the NT Reception once you land on the island. Cards or cash can be used for transactions.

Adults,	£7.50	2 x Adults and up to 3 Children	£18.75
Children (5 -16 years)	£3.75	1 x Adult and up to 3 Children	£11.25
(under 5 years)	Free	National Trust Members: Free	Free

## SPECTATORS RETURN JOURNEY

When you purchase your spectator ferry ticket you will be given a coloured wrist band, which will identify you as a Brownsea Island Swim Spectator. You will need to:

1. Show to board the Spectator Ferry on the way to the Island
2. Show at the NT reception on the island to entitle you to group rates.
3. Show to enable you to board the return Ferry.

Please note there is no 12:45hrs return crossing

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## SWIMMERS RETURN TRIP

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Brownsea Island Ferries Ltd has kindly agreed to allow you to return to Sandbank via the Yellow Ferries. The ferries depart at 15mins and 45mins past the hour. .  
You will need to hand your White Wrist Band to the ferry staff to enable you to board the ferry for the return crossing.

## BROWNSEA CASTLE

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The John Lewis Partnership supports our event every year by not only allowing us the use of their beach and facilities, but they also lay on a cup of hot soup and a roll for you at the end of your swim. Swimmers, Safety Crew and Marshals are only allowed onto the Race Beach they are not allowed to spread out onto the grass lawns or gardens within the walls of the castle. Again, we ask that you respect this.

## SUPPORTERS OF THIS SWIM

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We would like to thank The National Trust -Brownsea Island, The Brownsea Castle - John Lewis Partnership and The Brownsea Island Ferries Ltd for their continued assistance and tremendous support in allowing us to continue with this annual event.

**Brownsea Castle**  
*John Lewis Partnership*



**National  
Trust**



## FACILITIES

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We rely on the integrity of each of you to ensure that you leave the facilities used for this swim, in the same state that you found them or better, especially with regards to Brownsea Island, Brownsea Castle and all the Ferries used.

**Spectators, friends & families are asked NOT to attempt to get onto  
the Swim Beach (Castle Beach) as this will jeopardize the future of this event.**

**Please treat these wonderful facilities with respect.**

## AND FINALLY

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**RLSS POOLE LIFEGUARD WOULD LIKE TO WISH YOU A SUCCESSFUL SWIM  
AND WE HOPE THAT YOU HAVE AN ENJOYABLE DAY WITH US!**

# RLSS Poole Lifeguard

## Brownsea Island Swim

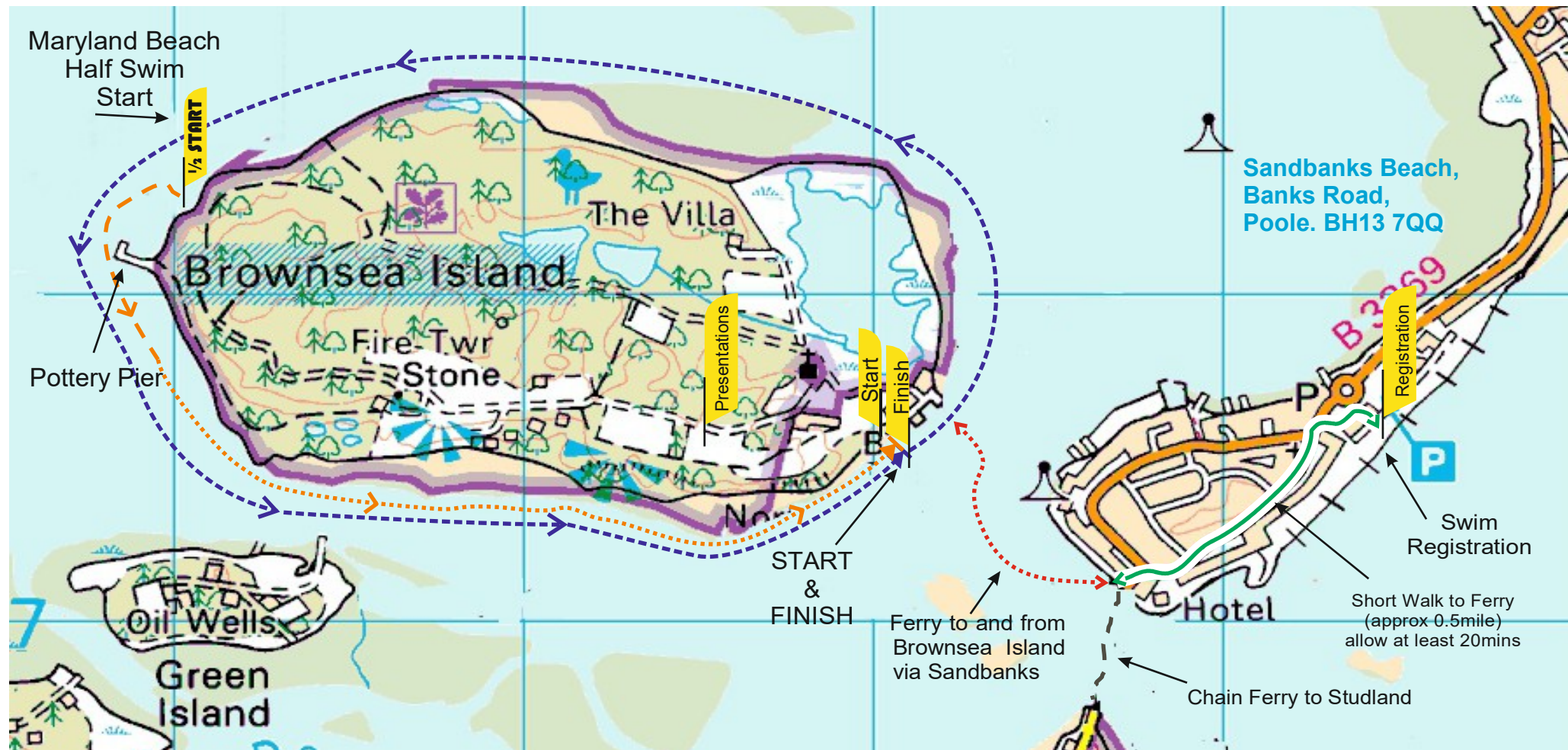
### Swim Routes plus route to Island from Registration

Brownsea Castle  
John Lewis Partnership



THE NATIONAL TRUST  
BROWNSEA ISLAND

Many Thanks to The National Trust - Brownsea Island, The Brownsea Castle - John-Lewis Partnership and The Brownsea Island Ferries Ltd for their continued assistance/tremendous support in allowing us to continue with this annual event.



Should you require assistance during, or wish to retire from the swim then raise one arm vertically in the air whilst attempting to head towards the island and into shallower water to enable you to stand. The safety cover will then come to your aid



# RLSS Poole Lifeguard

## Brownsea Island Swim

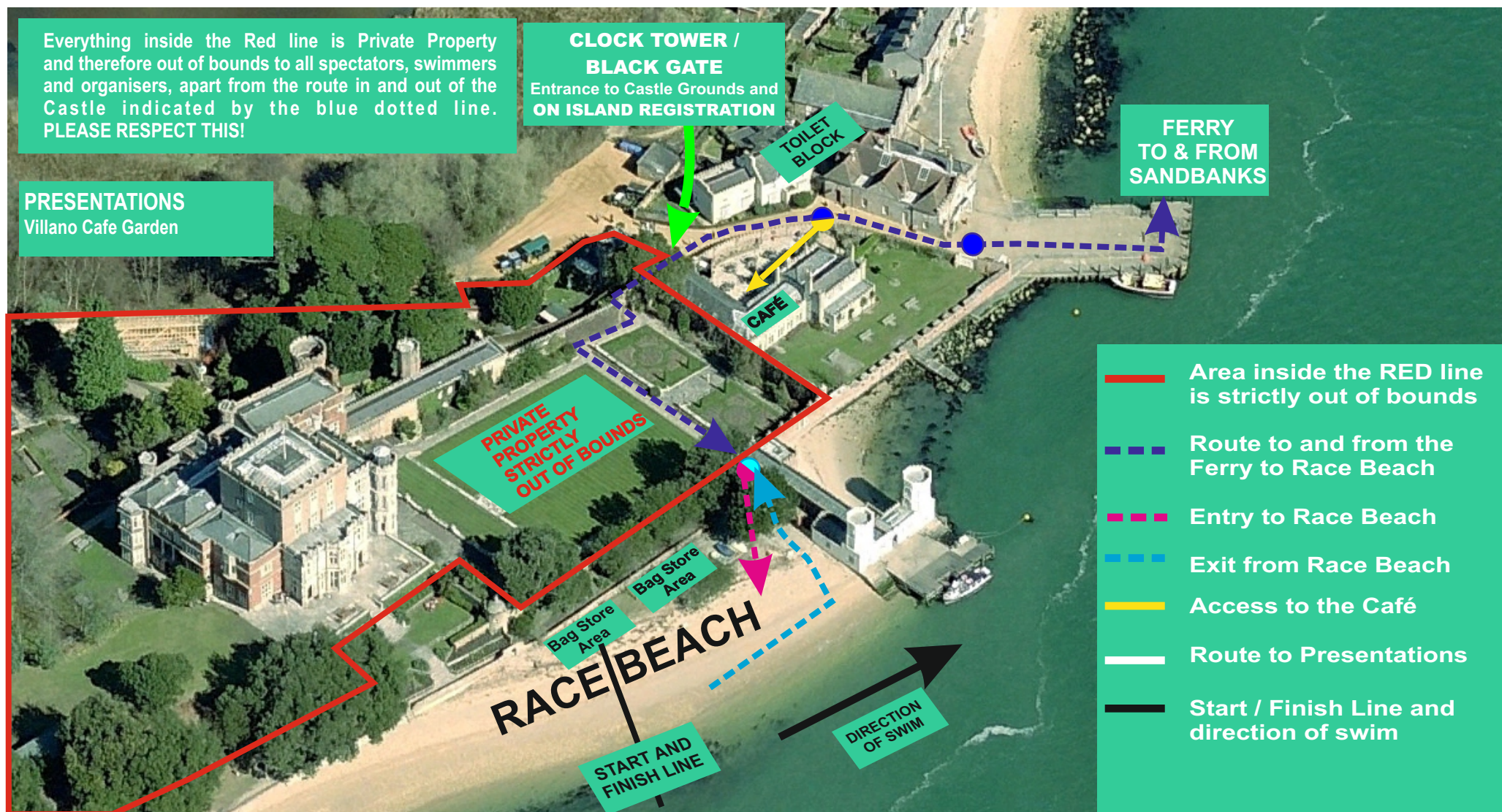
### Map of Brownsea Castle and National Trust Areas

Brownsea Castle  
John Lewis Partnership



THE NATIONAL TRUST  
BROWNSEA ISLAND

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# RLSS Poole Lifeguard

## Brownsea Island Swim 2019

Charity Number 1073840  
brownsea@rlss-poole.org.uk  
[www.rlss-poole.org.uk](http://www.rlss-poole.org.uk)



## SPONSORSHIP PLEDGE FORM

### HOW TO USE THIS FORM

1. Use the Sponsor Form on the next page to collect sponsorship from friends and well-wishers. Some charities may invite you to use their own sponsorship forms so that they can reclaim Gift Aid.
2. On the day of the swim, remember to hand this completed Pledge Form in at the swim registration desk.
3. Collect the top half of the certified form from the deregistration desk when you collect your event t-shirt.
4. After you have collected the funds from your supporters send them to your chosen charity(s) enclosing a photocopy of this front sheet.

<b>Swimmer's Name.</b>	<b>Swim No.</b>	<p>RLSS Poole Lifeguard hereby confirm that the person named on the left has completed this year's swim and is therefore entitled to collect the agreed sponsorship monies for the charity of their choice shown below.</p> <div>OFFICIAL STAMP</div>
<b>Swimmer's Address.</b>		
<b>TOTAL RAISED: £</b>	<b>CHARITY:</b>	



Please let **RLSS POOLE LIFEGUARD** know how much you have raised / pledged as well as which charity you have pledged your sponsorship to by filling in the tables below and handing the whole form in at the swim registration. You can then collect the top part after the presentations

<b>DECLARATION</b> I have collected and allocated the following funds that I have raised a result of the RLSS Poole Lifeguard Brownsea Island Swim to the Charity mentioned to the right of this form as follows:  <b>Swim No.</b> ..... <b>Name</b> ..... <b>Signature</b> .....	<b>TOTAL PLEDGED £</b>  <b>CHARITY DETAILS</b> <b>Name</b> ..... <b>Charity No.</b> ..... <b>Address.</b> ..... .....
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**Hand this form to the registration desk so that the top section can be verified and stamped to confirm you completed your swim. Then collect it from the race information desk afterwards.**

# RLSS Poole Lifeguard

## Brownsea Island Swim 2019

Charity Number 1073840  
brownsea@rlss-poole.org.uk  
[www.rlss-poole.org.uk](http://www.rlss-poole.org.uk)



## SPONSORSHIP FORM

<b>NAME of SWIMMER:</b>			<b>CATEGORY ENTERED</b> ✓		
<b>CHARITY NAME:</b>			FULL 6.5Km		
<b>CHARITY NO:</b>			HALF 3.2Km		
			Wetsuit		
			Non Wetsuit		
Form No.      of			Estimated time to finish (in Minutes)		
<b>NAME:</b>	<b>ADDRESS:</b>	<b>POST CODE:</b>	<b>AMOUNT TO FINISH:</b>	<b>AMOUNT PAID:</b>	<b>GIFT AID</b>
TOTALS BROUGHT FORWARD			£	£	✓
TOTALS CARRIED FORWARD			£	£	

# RLSS Poole Lifeguard

## Brownsea Island Swim 2019

Date: - Sunday 15<sup>th</sup> Sept 2019  
Start: - approx 09:45hrs tbc  
From: - Brownsea Castle Beach



**TIDE TIMES FOR 15<sup>th</sup> SEPT 2019**

**times shown in BST.**

